The Angel resident

February 2015

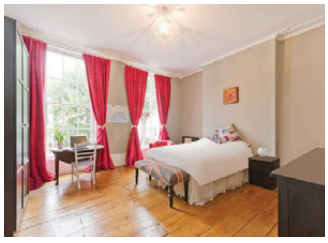
KEIRA KNIGHTLEY

On Oscar buzz & happy families in Canonbury

BURST *of* COLOUR

NEW IDEAS TO BRIGHTEN YOUR HOME

Islington's best Valentine's treats



Liverpool Road

Barnsbury N1

A beautifully presented 4 double bedroom Grade II listed Georgian mid terraced house, set back from the road. The property is perfectly situated just a little north of the junction with Offord Road.

EPC exempt

£1,895,000 guide price

freehold

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CHESTERTONS
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Islington N1

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Cruden Street

Islington N1

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EPC rating pending

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St Pauls Road
Islington N1

£1,750,000 guide price
freehold

Rocliffe Street
Islington N1

£1,999,500 guide price
leasehold

Mortimer Road
De Beauvoir N1

£1,595,000 guide price
freehold

Colebrooke Row
Angel N1

£1,350,000 guide price
freehold

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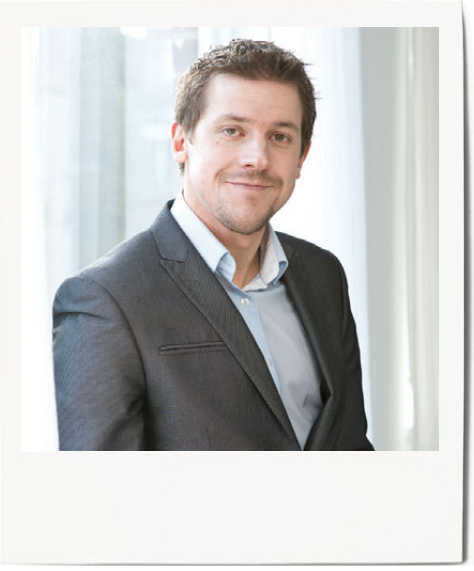
Letter from the EDITOR



It's rather apt, in this most romantic of months, that this issue is full of partnerships. There's no better place to start than this very magazine as we welcome two contributors who will be regulars over the coming months. I have known the photographer Anton – the most creative people are always known by the one name – for a decade and, after a period where he went off and did what seems like a million things, we are back together looking at local groups in a very different light. Just check out the Tweed Run gang on page 19. Then we have Gabbitas, the oldest education consultancy going no less, who kick-start our fresh look at the world of education in Islington and beyond.

Real couples play a big role too. Keira Knightley is in the news right now, not only because of her stunning turn in The Imitation Game, but also because she is expecting her first child with husband James Righton. Now living in Canonbury, she tells Stephen Milton what she plans on doing with her downtime (when that eventually comes around). Lovers of design Susan Cropper and Anthony Duncan-Smith have taken their passion a step further this month with the launch of online vintage shopping portal Swoon. Considering Susan is behind the hugely popular Loop on Camden Passage, it's fair to say we are very excited indeed at the news.

If we are talking about matches made in heaven, then Charlie Allen and Islington must lead the way. The ever-popular tailor has just celebrated 30 years with one mighty stylish party and found the time to sit down with me and wonder where all the years have gone (generally on coming up with the next big thing in tailoring, I reckon).

Then there's Valentine's Day itself, of course. If you are a cast-iron romantic at heart, we have some ideas to make 14 February special for your partner on page 16. If, though, you are like Tom Parker Bowles and can't stand it, then he suggests what you can get cooking at home. What is clear, however, is that love is all around us. Have a wonderful month.

Mark Kebble, Editor

local feature

SNAP CHAT

The Photographers' Dining Club has taken the area by storm and it appears the man behind it has plenty more little ideas bubbling away

Words MARK KEBBLE

The Tweed Run, which happens every year, sees a whole host of people gather together for a bike ride with a little style. For outsiders, it seems rather quirky and, well, strange, but for the photographer Anton it's the ideal opportunity to celebrate a lot of 'stuff' it is the general theme of 'belonging', he says. 'The most recent work [entitled Velo Tribes] portrays a group of sartorially inclined cyclists who come together each year to celebrate their passion for cycling in style.'

Considering this is the man behind the Lots of Little Ideas creative collective, it's no surprise that it's ideas for Anton to investigate this theme and many more. He's also not a stranger to me – we worked together a decade ago shooting then unknown stars like Brendan Cumberbatch, Andy Serkis and Jodie Whittaker. Lots of Little Ideas has been live for 18 months, but you can go back further, 'Anton says on the occasion of his first show, he was a full-time photographer working with a studio, as well as freelancing on the side, then I took on a role as Art Director, where I was working with other studios and photographers. I always had lots of side projects to keep me going too – I tend to have lots of little ideas.'

The practice officially launched with the Photographers' Dining Club, which has taken the local Pitzal Archivert by storm. It's a series of monthly social events run as informal photographers-held talks in a social environment, offering a chance for other like-minded individuals to meet and trade ideas. 'We put a call out on social networks looking for a venue East London way,' Anton recalls. 'Pitzal Archivert had just opened their doors and invited us in. The facilities were perfect for the Dining Club – good catering, good food and the space to hold a crowd. We put the word out and very excited on where it seems to be are – and they support creative projects.'

The Photographers' Dining Club has been a huge hit, with tickets normally selling out within three to four hours of going on sale (you have to join their mailing list to be in with a chance of attending). The dinners themselves acted as another moment of inspiration for Anton and his many little ideas. Back at the start of 2014, he, Ben Rose and Ben Stewart spread on the ideal place to test each Spread. 'This is a collaborative project with Emma Taylor from Creative Advice Network (CAN), based in Shoreditch,' Anton explains. 'Photographers will often put together a book or create an exhibition, which other creatives in the industry support. If you get lucky you might get some national exposure too, but outside the photography circle in where it stops. We thought maybe we need to create a new platform for exhibit work beyond the confines of a traditional exhibition space.'

Spread is a new arts platform that showcases photography projects beyond the confines of traditional exhibition spaces – bringing them instead to you on your table placemats. The first run featured the work of Eleanor Mussari, who renders famous photographs in Play-Doh, and Ben Rose's Ambigram Tribes.

Oh, and then there's Ambigram Tribes, a documentary series that's a love letter to working on film. 'Like many ideas, it lived on a piece of paper in my notepad for a while,' Anton says. 'I became interested in the fact we want through a massive transition from film to digital, but then there are so many photographers who are still working in analogue formats. I decided to follow these people – and I found a whole community of people mad about it!'

The first documentary, called *Fragmented Portraits*, is already out featuring Kevin Meredith and was filmed at the Lomography shop in Spitalfields Market, with a second to come very soon. And given the fact that Anton is joining me again to capture experts in the world's like motor fashion in future issues of your local magazine, he's back where he belongs.

Find out more at lotsofilittleideas.com

Velo Tribes portrays sartorially inclined cyclists who celebrate their passion in style

HOMES

{WHAT TO BUY AND HOW TO STYLE IT}

LET THERE BE COLOUR

Farrow & Ball's new season collection will brighten the spirits

Yellowcake, St Giles Blue, Charlotte's Locks and Arsenic... Just some of the new colours on show in Farrow & Ball's latest colour collections and all will add real personality to your home. Read more on page 30. We also Swoon over a new online shop and find out why the founder of Lex Reality set up home in Islington.

Brighten up these dull winter days with Kara O'Reilly's colour round-up

DEFINING LUXURY

Hoxe property developer Marta de Sousa brings her zen's home to Islington

Words CARMELLA WEBBE

Well dressed cyclists, dinner with a difference and placemats as art... Welcome to photographer Anton's world on page 18

What would a luxury property developer do with their own home? We find out when visiting Marta de Sousa's N1 pad

Ascot

THE PRINCE'S COUNTRYSIDE FUND RACEDAY

CHAMPIONS OF THE COUNTRYSIDE

Sunday 29th March 2015

Ascot springs into action in support of The Prince's Countryside Fund. A celebration of the British countryside for the whole family with duck herding, an Easter egg hunt and the 'lamb national', as well as the gripping finale to our Jumps season.

Tickets from £21 pp | Exclusive Archant Discount Quote LIFE15
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ascot.co.uk

ARENA

{THE FINEST EVENTS IN LONDON THIS MONTH}

EILEEN COOPER RA DIANA + ACTAEON, COURTESY OF RABLEY CONTEMPORARY

WORLD OF TALENT

The 27th London Art Fair brings global creativity to Islington

Kick-starting the 2015 cultural calendar, the London Art Fair opens next week at the Business Design Centre. Running from 21-25 January, the fair presents a unique overview of the art world, with 128 exhibitors ranging from established UK-based Modern British and contemporary galleries to innovative emerging spaces in Art Projects, as well as international gallery presentations from Milan, Paris, Toronto and New York. With an engaging programme the fair provides an inspiring and supportive environment for collectors of all levels.

For the full listings programme, visit londonartfair.co.uk

ICONIC CELEBRATION

BFI Southbank has announced a season dedicated to one of Hollywood's most iconic actresses, Katharine Hepburn. Taking place from 1 February-19 March, this season will feature 24 of her most famous films, including Bringing Up Baby (above). Belvedere Road SE1 8XT; 020 7928 3232; bfi.org.uk

JONATHAN GREET

MADE OF METAL

October Gallery will present a selection of works in metal by celebrated artist, El Anatsui. His sculptural experiments with media and form have challenged the definition of sculpture itself. Throughout a distinguished 40-year career as both an artist and teacher, El Anatsui has addressed a wide range of social, political and historical concerns.

24 Old Gloucester Street WC1N 3AL; 020 7242 7367; octobergallery.co.uk

COMING HOME

Katherine Jenkins will return to the live arena with a full 21 date UK tour for 2015. The tour follows the eagerly anticipated release of her new classical album, Home Sweet Home, and heads to the Royal Albert Hall on 17 February. See more at katherinejenkins.co.uk

AN ALLURING EXPERIENCE

Escape the winter cold and enter the steamy Princess of Wales Conservatory at Kew Gardens for their beautiful orchid festival from 7 February-8 March. Experience an explosion of colour and discover why these plants evolved to look so vibrant and enticing.
More information available at kew.org or by calling 020 8332 5665

DECADES OF DANCE

The Richard Alston Dance Company will celebrate its 20th anniversary with special performances at Sadler's Wells on 26-27 January. The performances will see the world premiere of Alston's latest work to music by Romanian band Shukar Collective, who fuse Romany and electronic music to dark, powerful effect.
Rosebery Avenue EC1R 4TN; 0844 412 4300; sadlerswells.com

PARI NADERI

JOIN THE FESTIVITIES

London's Chinese New Year celebrations are the largest outside of Asia. Thousands of people descend on the West End in all manner of costumes – there's a 2014 snapshot to the right – and for 2015 you can expect a host of special events to mark the Year of the Goat on 19 February.

Online
For more February events not to miss visit theresident.co.uk

Take to the Sky

The hotly anticipated Sky Garden – a gourmet, garden oasis created by rhubarb – has opened at the top of soaring 20 Fenchurch Street. Spread across floors 35, 36 and 37, the destination restaurants – comprising Sky Pod, Darwin Brasserie and Fenchurch Seafood Bar & Grill – offer all-day dining and drinking in the sky together with the highest rooftop gardens in London.
Book your table by calling 0333 772 0020 or email bookings@rhubarb.net

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ROSIE MILLARD

How the humble Islington square is my hotbed of inspiration

Write about what you know. It is the mantra given to all writers. Hence my new novel, which comes out this summer, is called *The Square*. Yes, it's set in a North London square. However, the goings-on in the book have nothing to do with a) the square in which I live, or b) any other square in Islington.

So why call it *The Square*? Well, I'll explain. If you think about it, a London square is such a perfect setting for a comic novel, particularly for someone who hasn't actually written a novel before (that's me, folks). A square is a set place with strict boundaries. Everyone knows what it contains, and what it contains is quite straightforward. You don't need to describe sea fronts, or landscapes, or mountains, or strange flora and fauna.

Your typical London square is full of inspiring activity

Secondly, I think there is an interesting hierarchy in the London square, or at least in the bourgeois ones that we all know about, and which this location definitely is. There are the adults, who are successful and have achieved much. There are their children. And there are the outsiders, people who service both of the above, who may or may not come from Eastern Europe. This can lead to dramatic conflict, which can then provide quite a racy plot. 'Put your characters into difficult situations,' advised Adam Foulds, a fine novelist himself and tutor at the Creative Writing course at the University of East Anglia, which I attended. 'And then see how they manage to get out of them.'

Thirdly, if you are writing a comic novel, there is huge amount of satirical potential within such a place. This is because a London square will always involve quite a lot of communal activity, if you want it. Meetings, parties – or in my case, a talent contest in the green centre itself. Everyone is always popping in and out of each other's houses, dinner parties and, er, beds. (Actually, there is one rather racy scene involving a kitchen table). Neighbours can be… just a bit more than neighbourly.

Of course, the question was how to tell my real life neighbours about the advent of this book. Naturally the reveal took place within the traditional forum of a dinner party. And when the news came out it had quite an explosive effect. 'You have done WHAT?' yelled one of our lovely neighbours. 'I hope I am IN IT!' I was quite startled. His views were echoed by the rest of the party.

At this point, I had to give them the bad news. 'I'm afraid none of you are in it.' The key, you see, is in the title of the course I took. Creative Writing. Apart from one scene involving a broken chair, which happened to me in real life about 30 years ago in the city of Hull, it's all invented. Now you can find out whether it makes you laugh or not by pre-ordering it from Amazon. Send it to your friends who don't live in North London. They will love this fictional depiction of the life I imagine you all (may or may not) lead.

ROSIE LOVES

Delicious. Fresh. Still (quite) empty. The new Greek restaurant on York Way, the Greek Larder. Really delicious, and a surprisingly original slant on the traditional meze, this new addition to the St Pancras clutch of restaurants is well worth visiting.

The Angel resident

RECOMMENDS

Five Valentine's Day experiences to bring out the romantic in you

1 THE ARCH LONDON

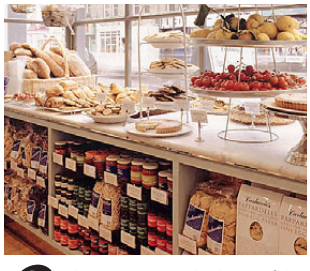
We are big fans of this hotel and guests in February are guaranteed a romantic time with their new Play Package. Priced at £359 per couple, per night, the package includes accommodation in one of their stunning boutique bedrooms. A secret 'intimacy' box will be waiting and you will be greeted with chocolate covered strawberries and champagne on arrival. A three-course dinner is included in Hunter 486, making this a Valentine's you won't forget.

50 Great Cumberland Place W1D 7FD; 020 7724 4700; thearchlondon.com

2 PAUL A. YOUNG

Master chocolatier Paul A. Young has come up trumps again with his own creative twist on flavours inspired by romantic getaways. With truffles influenced by seductive locations across the globe such as Barcelona, Paris, Rome and Istanbul, lovers will be able to capture the magic of trips with ingredients echoing the smells, textures, colours and tastes of famous cities.

33 Camden Passage N1 8EA; 020 7424 5750; paulayoung.co.uk



3 CARLUCCIO'S

This Upper Street institution really comes into its own around Valentine's Day. They will be offering a special Valentine's menu for an amazingly good value £20 and will also be selling a host of romantic products so you can take home the magic. Our top pick are their chocolate roses, priced £4.50 each or you can order a statement arrangement of 12 online for £49.95.

305-307 Upper Street N1 2TU; 020 7359 8167; carluccios.com

4 THE LITTLE BOOK OF LOVE

Not a place, but a must-have product. The Little Book of Love by Tiddy Rowan is the perfect thing to remind us that love is not only out there, but all around us. It features inspiring quotes from some of history's greatest lovers and thinkers, offering timeless advice and food for thought that is bound to ignite romance in sceptics and lovebirds alike.

Buy it at Waterstones, 11 Islington Green N1 2XH; 020 7704 2280

5 RIVERFORD AT THE DUKE OF CAMBRIDGE

Talk about a marriage made in heaven. The Duke of Cambridge has an outstanding reputation for creating beautiful food from responsibly sourced ingredients, and now Riverford, champion of seasonal produce, has teamed up with this much-loved pub to bring its distinctive feast style of cooking to the area. Look out for special events this month.

30 St Peter's Street N1 8JT; 020 7359 3066; dukeorganic.co.uk

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SNAP CHAT

The Photographers' Dining Club has taken the area by storm and it appears the man behind it has plenty more little ideas bubbling away

Words MARK KEBBLE

The Tweed Run, which happens every year, sees a whole host of people gather together for a bike ride with a little style. For outsiders, it seems rather quirky and, well, strange, but for the photographer Anton it's the ideal inspiration. 'Throughout a lot of stuff I do is the general theme of belonging,' he says. 'The most recent work [entitled Velo Tribes] portrays a group of satorially inclined cyclists who come together each year to celebrate their passion for cycling in style.'

Considering this is the man behind the Lots of Little Ideas creative practice, there's certainly plenty of work for Anton to investigate this theme and many more. He's also not a stranger to me – we worked together a decade ago shooting then unknown stars like Benedict Cumberbatch, Andy Serkis and Jodie Whittaker. 'Lots of Little Ideas has been live for 18 months, but you can go back further,' Anton says on the practice's origins. 'At that time I was a full-time photographer working with a studio, as well as freelancing on the side, then I took on a role as Art Director, where I was working with other studios and photographers. I always had lots of side projects to keep me going too – I tend to have lots of little ideas…'

The practice officially launched with the Photographers' Dining Club, which has taken the local Proud Archivist by storm. Held every other month, these events see acclaimed photographers hold talks in a social environment, offering a chance for other like-minded individuals to meet and trade ideas. 'We put a call out on social networks looking for a venue East London way,' Anton recalls. 'Proud Archivist had just opened their doors and invited us in. The facilities were perfect for the Dining Club – good catering, good food and the space to hold the event. The people who run it are very switched on when it comes to the arts and they support creative projects.'

Anton, always happy to dress the part

The Photographers' Dining Club has been a huge hit, with tickets normally selling out within three to four hours of going on sale (you have to join their mailing list to be in with a chance of attending). The dinners themselves acted as another moment of inspiration for Anton and his many little ideas. Back at the tail end of 2014, the Proud Archivist served as the ideal place to test run Spread. 'This is a collaborative project with Emma Taylor from Creative Advice Network (CAN), based in Shoreditch,' Anton explains. 'Photographers will often put together a book or create an exhibition, which other creatives in the industry support. If you get lucky you might get some national exposure too, but outside the photography circle is where it stops. We thought maybe we need to provide an opportunity to exhibit work beyond the confines of a traditional exhibition space.'

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Find out more at lotsoflittleideas.com

Velo Tribes portrays satorially inclined cyclists who celebrate their passion in style

SARAH MAINGOT / CELEBRITY PICTURES

no IMITATION

With Oscar buzz and impending motherhood taking centre stage in her life, Keira Knightley explains why there is no place like home

W STEPHEN MILTON

Keira Knightley purses that unbalanced pout, tightening the skin around her pointed cheekbones. She offers an icy stare. 'Please,' she says with clipped indignation. 'Don't bother to sugar coat it. You can't take it away now. I'm a natural bitch, that's what you're trying to say.'

She throws her hands up in defence and goes to curve her seat away from me. 'You've really done it now.' What follows is a hyper dramatic flounce of her dark locks and a taut glower in my direction. And then, the actress grins widely. 'See, I could do a good villain. But it never comes my way.'

We're remarking on an upcoming role in *The Other Typist*, a still in development adaptation of Suzanne Rindell's 1920s set noir thriller where a lonely secretary becomes dangerously obsessed with a new recruit in the typing pool. It's unclear which role Keira will assume – we're both hoping it's the darker, unhinged character.

'It's still all up in the air, but there's certainly a new territory there for me to explore,' she states. 'And away from this film, playing the villain is pure fun so of course I want the opportunity to be bad. When I'll get that chance though…' she shrugs with a gentle smile.

With husband James Righton

Given the recent breaking news of Keira falling pregnant with her first child with husband, Klaxons musician James Righton, it could be some time before the star gets the chance to play 'bad'. Not that it's affecting her power within the industry. At the time of writing, Keira was nominated for a Supporting Actress nod at the Golden Globes for a dazzling performance in Morten Tyldum's *The Imitation Game*. It's a strong indicator of an Oscar nod this month, her second after 2005's *Pride and Prejudice*.

Mercifully, she eschews the polite, self-effacement offered by her peers when it comes to such glittering matters. Instead, Keira is chuffed with the recognition. 'I'm thrilled if it happens and I'm not afraid to admit that,' she smiles. 'It's wonderful earning that respect. Now you can't base yourself around awards, that's not healthy, but honestly, it really is fantastic.' ›

Canonbury, where Keira calls home today

The Imitation Game is a leading contender this awards season

In a structured, mesh print Chanel suit, being the long-time face of the brand, she's immeasurably slim and undeniably breathtaking in the flesh as we chat amongst the dark, airy confines of a suite in London's Corinthia.

In laidback, flippant humour, the North London local, who recently swapped her Clerkenwell loft for a Canonbury four storey mansion with her husband, remains resolutely glamorous.

A noted advantage in Hollywood, it's somewhat backfired on Keira, who's often been criticised of appearing too glossy for her work. Critics voiced their vitriol on her casting as 'plain' Joan Clarke in *The Imitation Game*, the only female codebreaker who worked alongside Alan Turing (Benedict Cumberbatch) at Bletchley Park. Together, they helped crack some of the most difficult Navy Enigma ciphers during WWII and the intelligence she gathered saved countless lives.

My idea of a lovely day is ambling around Upper Street or heading to the Barbican

'I think everybody is going to have their opinions, and that's fine,' she shrugs. 'They said the same with Elizabeth in *Pride and Prejudice* so it's nothing new. I mean, I'm not glamorous in my day to day life, so I'm kind of thrilled that people think I'm glamorous in general. I know I say that, sitting here in Chanel, saying "I'm not normally glamorous", but I'm not!'

Due to give birth in late summer, Keira will then prepare for her next big project – Zola's *Therese Raquin* on Broadway. But in preparation for the new arrival, she admits after six films in three years, a little downtime at home is in desperate need. 'I love to work but it's like everyone, we all burn out and need some time to regroup.'

This will surely give her time to acquaint herself with her new area in N1. 'I've always loved that little pocket of North East, just off Central London. Not too close, but not too far. My idea of a lovely day is ambling around Upper Street or heading to the Barbican, so it's nice to have the time to do that.'

As she faces a major milestone in March – her 30th birthday – does the actress hold any fears as she leaves her 20s behind? 'None whatsoever,' she beams. 'God, I was all over the place in my 20s, I'm immensely looking forward to a new decade. Onwards and upwards, I say.' Playing bad or not, Keira Knightley continues to be one to watch.

The Imitation Game is out on DVD this spring

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COURTESY OF FARROW & BALL

LET THERE BE COLOUR

Farrow & Ball's new season collection will brighten the spirits

Yellowcake, St Giles Blue, Charlotte's Locks and Arsenic... Just some of the new colours on show in Farrow & Ball's latest colour collections and all will add real personality to your home. Read more on page 30. We also Swoon over a new online shop and find out why the founder of Lux Reality set up home in Islington.

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Products such as this birdcage votive add atmosphere to any home

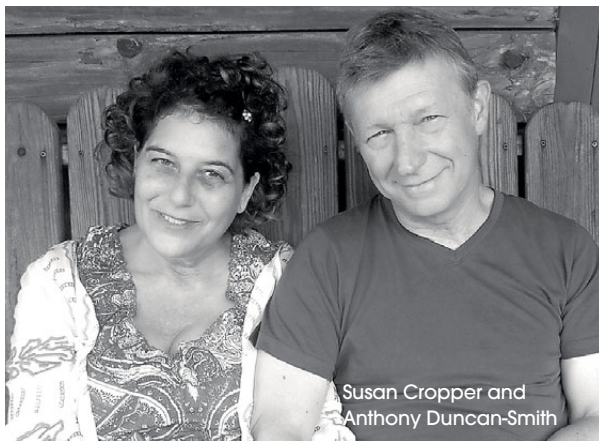
SWOONING EFFECT

From the brains behind Islington favourite Loop comes a new adventure in quirky home buys

Words GABRIELLA WERRE

We've all been in the situation where we buy things, from homewares to clothes, that we don't necessarily have the space for. And Susan Cropper – owner of firm Islington favourite, yarn shop Loop – does exactly the same. 'I go with Anthony [Duncan-Smith, her partner] to flea markets all the time,' she grins. 'And I often see things that I get for Loop, but then there's a lot of other things that wouldn't work for the knitting shop, but that we really love – so we end up getting them for the house and now our interior is overflowing with beautiful stuff!'

With such inspiration all around her, for some time now Susan has been contemplating the idea of opening another shop. 'I go to trade shows all around the world and it's that same thing. I'm really drawn to something and for years I thought, "Oh if only I had another shop, I'd get it for that". Then I thought, "Well, it's not such a huge leap".'



Susan Cropper and Anthony Duncan-Smith

Silver rabbit with basket

The lovers of the quirky, inspiring and unique decided to combine their knowledge – Anthony was formerly Head of Design at The British Library – to create what is now online shop Swoon, which launched at the tail end of 2014. Susan and Anthony control the ›

Merry go round for the home

The vintage rattles will add a dash of colour

The vintage three-tray lamp

The children's set shows Swoon is not just for adults

entire concept, from the mundane to the exhilarating. 'We do the buying together,' Susan begins. 'Anthony does the photography. I do the styling. He does the website. And then when the products come in we do the packaging. It's really our passion that drives it. It's not anonymous or this big thing with a huge team where there's a buyer and the such like. It's a total labour of love.'

The buying goes even beyond the Atlantic, as the pair often travel to the US – where Susan is originally from – to scope out the vast choice in the hope of finding an eclectic array of creative artists to continue to diversify their collection. 'There's no discussion about it, we just do it,' Susan states matter of factly about how they work as a team. 'We've never really disagreed about anything. We both like all of the products.' So what catches their eye? 'We were wandering around once in upstate New York and found this huge antique-style place. It was full of thousands of bits and pieces and we both spotted this one thing in the entire place,' says Anthony, joining the interview. 'It's uncanny sometimes,' adds Susan on their similar taste.

We're just following our hearts with what we love and what we feel passionate about

For anyone who has frequented Loop and its treasure trove of knitted treats, you will have a good idea of the variety of vintage products you can now find online at Swoon. In the case of some items, once they are sold you won't be able to find it again. Though other products can be reordered, there is something unique about everything you will find at Swoon – no two things are the same. Describing the selection process, Susan explains: 'We look for someone that's doing something really authentic and quirky and super beautiful. Something that we would be happy to have in our home or that I would wear. I'm just trusting my instincts. We're just following our hearts with what we love and feel passionate about.' Just as Loop has captured our own hearts, this new venture definitely has us swooning.

See the full range of vintage products – and plenty of surprises – at swoon-lounge.com

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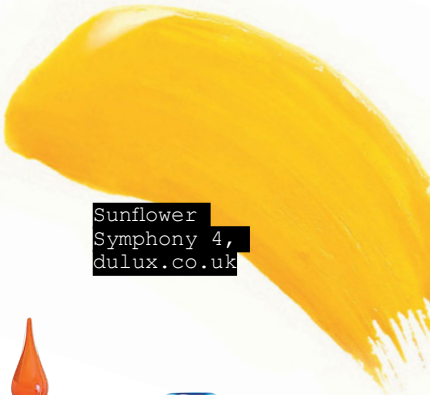
Say goodbye to dull interiors this year with our pick of this season's hottest hues

Story KARA O'REILLY

Brights clock, £19.50, marksandspencer.com



Sunflower Symphony 4, dulux.co.uk

Pop decanters, from £148 each, Jonathan Adler, uk.jonathanadler.com

Virginia Creeper patchwork cushion, £65, clarissahulse.com

THE BRIGHT STUFF

Tilly 16-piece cutlery set by Dickins & Jones Home, £120, houseoffraser.co.uk

Farrow & Ball's latest colour collection, farrow-ball.com

'Bright colours are great ways of creating an impact in any room. Try using our bold colours like Yellowcake, St Giles Blue, Charlotte's Locks and Arsenic to create interesting accents of colour'

Joa Studholme, International Colour Consultant, Farrow & Ball

Agnes runner, £50, habitat.co.uk

Shibuya vase by Kartell, £90, heals.co.uk

LovedUp chair in Rainbow Love, £1,650, deadgoodltd.co.uk

Accents set of side tables, £199, contentbyterenceconran.com

POWER PASTELS

Sahara plates in Blossom Pink, from £12 each, branksomechina.co.uk

Classic poplar-wood shutters in Little Greene Pink Slip custom colour paint, from £177 per sq m, californiashutters.co.uk

'Using pastels in the home doesn't always have to be sweet and pretty. Shades of the palest pink, sherbert lemon or watery mint green can look new if combined with tones of grey and hard materials like concrete and metal'

Judy Smith, Crown Colour Consultant

Elder bookcase, £395, habitat.co.uk

Pink Ground No.202, farrow-ball.com

Isobel sofa in Modici Velvet Blush, £1,899, marksandspencer.com

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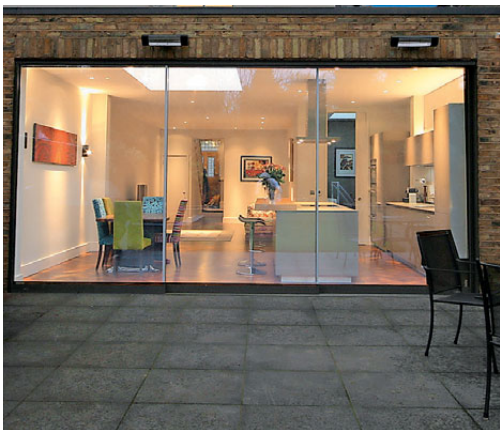

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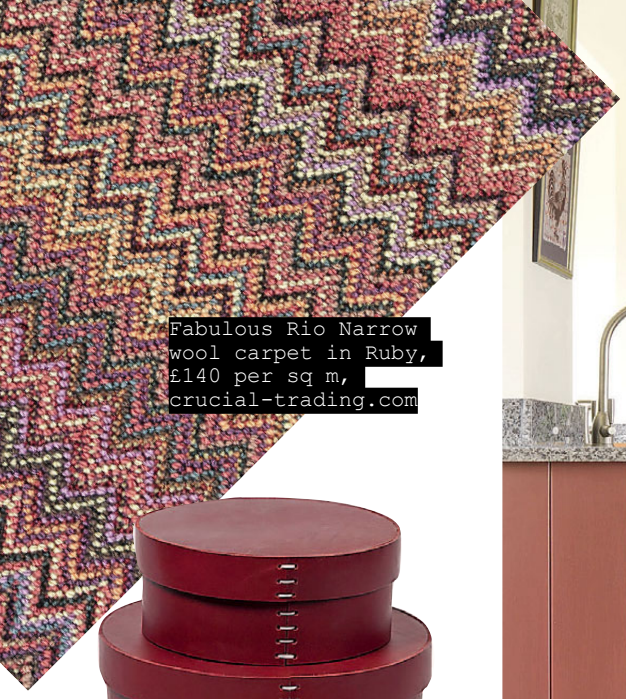

Fabulous Rio Narrow wool carpet in Ruby, £140 per sq m, crucial-trading.com

Cavendish boxes, from £138 each, Alma, alma1938.com

Hand-painted kitchen, from £40,000, smallbone.co.uk

'Earthy reds bring warmth to any room, especially those that are north facing. A feature wall is a striking way to highlight a rich, strong tone without it being overpowering'

Joa Studholme, International Colour Consultant, Farrow & Ball

MARSALA MOMENTS

PANTONE COLOUR OF YEAR 2015

Round porcelain mirror, £1,400, lladro.com

Wine glasses, £19.40 each, joannawood.co.uk

Sherwood chair in Rosehip, £552, John Lewis of Hungerford, john-lewis.co.uk

Thistle Crimson rug by Morris & Co, from £409, heals.com

Windsor ottoman, from £645, The Sofa & Chair Company, thesofaandchair.co.uk

DEFINING LUXURY

How property developer Marta de Sousa brings her work home in Islington

Words GABRIELLA WERRE

The stainless steel worktop takes centre stage in the kitchen

Perhaps not so surprising considering she is the woman behind Lux Reality, a property development company that has worked with countless celebrities, Marta de Sousa's home on Prebend Street, Islington, is quite simply stunning.

After spending time with her equally beautiful beagle dog, Peanut, the conversation turns to how she turned the tables in her line of business. 'Throughout the entire journey I've tried to employ women, but there are mainly men in this industry,' Marta states. 'It's usually me and all the builders on a site. I walk in and you almost have to earn respect in a different way, you have to prove yourself every time.' Her demeanour is striking, but don't let the stilettos fool you. 'I could do electrics in your home,' she breaks into a wide grin.

The one thing that struck us when we walked into the home was the layout

Just as she is hands on in her business ventures, she jumped in head first when it came to the remodelling of her Victorian-style Islington home. 'I lived in my previous apartment for ten years and I didn't move because I wanted to grow my business, but it was a bit like being a dentist and not having good teeth,' Marta laughs. 'I am a property developer – I need to have a nice house to live in. We [Marta and her partner, Jo Wallace] had seen a lot of properties and one thing that struck us when we walked in here was the layout. It was fantastic and I saw that a few of the original features were still here, covered up, but I thought I could bring them back to their best and

restore the house.' So, enthused, she got to work.

We are seated in the conservatory, which is situated on the bottom floor of the three storey home that leads directly into the kitchen and dining room area. Marta considers this floor 'modern', while the ground floor is more traditionally Victorian and the second storey takes on a Nordic feel. 'This room is definitely my favourite,' she says, looking around the conservatory. 'I wanted really simple clean lines. I wanted it to be a glass box so you almost felt like you were outside. What I like about the conservatory is that as the seasons change, so does the feeling of the room, which makes a huge difference. You can be really busy in London and then you come in here and it's a safe haven.'

Moving on to the kitchen, for many the hub of the home, Marta's view on the space is rather more simplistic. 'This was where I wanted to join the new with the old. The stainless steel worktop is the centre point of everything that happens in here.' To balance out the modern feel of the worktop, exposed brickwork and retro signage help to hark back to an earlier time.

Walking upstairs to the living area, you pass the bathroom that Marta had completely designed, with everything you see in there – from the bathtub to the door – custom-made. Once you get to the top of the stairs, you step into a completely different ambience. The walls are adorned with artwork, and the bookshelf perched against the walls are full of quirky items. 'These have been found along the way at antiques fairs,' Marta adds. 'Every bit you see has a story behind it.'

Across from the classic Dorchester-style sofa and antique French coffee table sits one of Marta's first purchases ever – a Charles Eames chair. 'I saved up from my first job to buy that and I've carried it through all the houses that I ›

The Charles Eames chair that goes everywhere with Marta

Everything in the bathroom was custom-made

The bedroom and dressing room design is deliberately simplistic

have lived in,' she smiles. Marta embodies the Victorian-style of the property with accents of modern to harmonise her style, which she describes as 'modern, old and a little bit quirky'.

Past the stairs, which she has refurbished and dressed with cool tone carpet, and you come to her tranquil bedroom and dressing room. Simplicity is everything on this level. 'The main bedroom and dressing room have been inspired by Danish design,' Marta says, referencing our earlier discussion on the Nordic-style of this part of the house. The dressing room is clean with one real statement piece: the antique blue velvet armchair. The elegance and sophistication that this room has makes it the perfect place to get ready. The bedroom is just as relaxing, with no television in sight – it's all about 'the perfect setting to fall asleep in'. The bed rests along 'an accent wall covered in wooded forest wallpaper' and faces a 'painting by one of my favourite Portuguese artists, Pomar' on top of a log-filled fireplace.

It's certainly a different case of bringing your work home with you, but Marta clearly wouldn't have it any other way. And the future? 'I have got planning permission to extend upwards to add a bathroom, bedroom and roof terrace,' she says, showing that you can always improve on what we think is already unbeatable, 'but for now I'm quite happy to enjoy the house as it is!'

Find out more about Marta de Sousa at luxreality.co.uk

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OF 2015'S TOP **RESTAURANT OPENINGS**

plus!

Winter recipes for mid-week suppers

TOM PARKER BOWLES

Why the other 364 days of the year are better for romantic meals than Valentine's Day

The search for an edible aphrodisiac is as fruitless as it is misguided. Sure, you find those poor, murderous and deluded souls who think that a draft of rhino horn, or tiger ball soup, will somehow add lead to their pathetic little pencils. Dream on, suckers.

And although pearls dissolved in wine, oysters, strawberries and asparagus are rather less ruinous to worldwide wildlife stocks, their effect is equally useless. In fact, although it pains me, the only true aphrodisiacs are charm, wit and a good heart. Oh, and money and power. Not forgetting booze, the most effective of them all.

If you do choose to head out on 14 February, choose Bob Bob Ricard

PAUL WINCH-FURNESS

But Valentine's Day is the ultimate anti-aphrodisiac, an event that has all the romance of pound store lingerie. And if it is the one day you take your beloved out to dinner then he or she has every right to feel aggrieved.

In fact, the only true aphrodisiacs are charm, wit, money, power and booze

As you might imagine, Valentine's Day passes with little more than a half smile in our house. But if you do feel compelled to celebrate, avoid any restaurants on 14 February and cook something civilized at home. Nothing too heavy, or stinky, or fiery; rather simple, edible elegance. Beef carpaccio, then Dover sole and salad. Or a good roast chicken. Don't try and get fussy, or fancy, or cheffy. Good ingredients, cooked well.

And if you do insist on some sort of Valentine's dinner, then OK, London has a few rather romantic places. The Ritz has one of the capital's most beautiful restaurants, with John Williams' beautiful, old school haute cuisine to match. If the combination of gilded, rococo ceilings, serious service and truffle stuffed everything doesn't seal the deal, then nothing will.

I also love Le Caprice, a place where I wooed my wife. Brilliant menu, some of the best service in London and, at night, a great piano player too. You can't beat the newly opened Colony Grill too, from Chris Corbin and Jeremy King, the brilliant pair who made Le Caprice great once more, before moving on to open The Wolseley, Colbert, Fisher's and Delaunay. The lighting is suitably soft and low, the setting dripping with glamour and the menu, well, pretty much perfect.

Talking of relatively new opening, I adore Jason Atherton's Berners Tavern, which mixes sexy and glamour in perfect proportions. Bob Bob Ricard does the same, and it feels like sitting inside a bejeweled Fabergé egg. Excellent food too. If you are looking to be, um, discreet, then Wilton's provides that all important privacy, along with wonderful (if expensive) seafood and English classics. And if anyone ever took me to perch on a bar stool at Barrafina Adelaide Street, I would fall in love on the spot. This year, then, ditch the aphrodisiacs. And if you love him or her properly, avoid bloody Valentine's Day too and do something properly romantic.

{ Find out where in London Tom really does love (he's been ten times already) at **theresident.co.uk** }

THE MASTER PLAN

He may be the man behind eight Grand Unions in London, but Adam Marshall says he is not finished yet

Words MARK KEBBLE

KAY LOCKETT

Do you know what makes me really happy?' Adam Marshall looks at me quizzically. Considering he's a hugely successful entrepreneur and the man behind the ever-popular Grand Union chain of bars, the world appears to be his oyster. 'When I get into a cab and say "can I go to the Grand Union?" and the cab driver says "no problem" without asking for directions. It took a little while [to reach that point], but that makes me smile.'

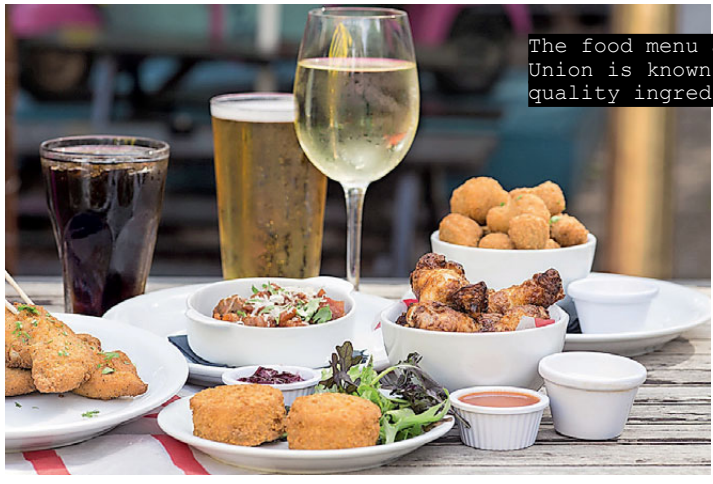
It's nigh on eight years ago that Adam first hatched his plan for a bar that offered unfussy, but high quality food in an indulgent setting, before becoming the party place to be as darkness descends. We are sitting inside Grand Union Camden, which was the first of the eight London destinations that exist today. 'I was running a bar just down the road and, one day, I saw the shutters go up here and literally the next morning I was knocking on the door, waiting outside for someone to turn up so I could get a contact. It was a right place at the right time scenario.'

I would choose a property by the fact it has a USP. Each site has its own personality

The response was so good that, within four months of opening the Camden site, a second Grand Union opened and the roster today includes a site in Farringdon. 'This is the sort of place I feel comfortable in,' he says, settling back into a booth. 'I like old leather, I like the bits of Victorian furniture, I like the mismatch feel to it.' Does each site have its own personality? 'They do, by definition of why I have chosen the property,' he nods. 'I would choose a property by the fact it has a USP, something different about it. Farringdon, for example, has the vaults downstairs. Each site has its own personality running through it.'

Each site boasts an impressive range

The vaults at the Farringdon location caught Adam's eye



The food menu at Grand Union is known for its quality ingredients

of events running late into the night, and I've eaten at both the Farringdon and Camden outlets and have to say their burgers are top notch. 'I am a chef by trade, so quality is very important to me,' Adam responds, looking pleased with my statement. 'We originally just had a list of ten different burgers on the menu and that was it, and we were selling them out of the door.' Does he still venture into the kitchen? 'I put on my chef's whites just last week to develop some of the food items,' he answers. 'We may be looking at putting a couple more things on the menu to build it up a bit, so I was in the kitchen and getting in the way!'

Stating that he always had a business plan to expand the Grand Union offering from day one, I remark that his enthusiasm for the job doesn't seem to have diminished over time. 'What I can't get rid of is the drive, the constant get up and do it again, week after week, year after year,' Adam states. 'I am a little surprised I'm still doing this, but we are tighter, more profitable, more consistent, and more popular with our customers than we have ever been. That's not down to me – that's down to a lot of other good people. The lead is me getting up and continuing to do it. I am never late for a meeting and I never finish earlier than anybody else – and if you lead in that fashion then everybody understands the expectations. I don't think I have switched off for the last ten years, I really don't.'

Have there been any regrets since launching the first Grand Union? 'There's always businesses that, given the chance again, I wouldn't have taken on,' he says honestly. 'We grew Grand Union to 12 sites at one stage, with one outside London up near Milton Keynes. Before the recession, there was the idea to have some sub-brand foodie Grand Unions in the Home Counties – after all, I am a chef and have a high interest in food. But having a business 60-70 miles up the M1 didn't work with the control aspect to it. Essentially we have made the right decisions and made them work.'

Any failed projects certainly haven't knocked Adam's business plan off course and he confidently states he wants to continue to grow at pace. 'I can see Grand Union being in East, North, South, West and Central London. I can see at least 20 Grand Unions around the capital.' There appears to be plenty of cab journeys on the horizon to make Adam Marshall a happy man.

55 Charterhouse Street EC1M 6HA; 020 7251 5259; grandunionbars.com

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GNH BAR

Words MARK KEBBLE

The GNH Bar menu is all about old-fashioned classics done very well

With my brother reaching a momentous landmark in his life journey – older brother, I may add – as he reached the big 4-0, there was only one place to celebrate: the fast-moving King's Cross area. Having already given a mighty five stars to Plum + Spilt Milk, for this occasion I decided we should check out the GNH Bar, located directly below the aforementioned restaurant.

It's always a challenge in my eyes to visit somewhere that is essentially quite snug – as the GNH Bar is – with ten guests to fit in, but the size actually worked in our favour as we were seated in circular fashion that ensured everyone could hear each other speak. Like Plum + Spilt Milk, the menu here has been created by the acclaimed Mark Sargeant and is a lot simpler in essence than its upstairs neighbour, but no less tantalising.

With it being Sunday, the birthday boy just had to sample the Sunday roast, in this case pork belly with red cabbage, apple and mustard chutney on the side. It was an impressive chunk of meat, with a perfect crackling on the outside, and with added trimmings it was a meal fit for a king (or a 40-year-old birthday boy). Elsewhere the choice was varied: the salt beef open sandwich proved popular, my Longhorn beef burger was perfectly cooked and the one healthy person on the table gave her Caesar salad a hearty thumbs up.

It was interesting to see the mix of clientele that came and went during our three-hour stay – plenty of suitcases were wheeled in and out – but it's clear locals are getting the message too about the offering here. Service was universally excellent, perfectly summed up when they presented a special birthday cake that made for an excellent dessert. The GNH Bar deserves to be a destination restaurant – apt considering its location – so if you haven't visited yet, do. For now, my brother and the rest of the family were more than happy to have our cake and eat it.

COST
The Sunday roast is £18.50, with two courses elsewhere around £25 (excluding drinks)

GOOD FOR...
Perfect for a whistle-stop lunch, but also a lazy Sunday afternoon with friends and family

WHAT TO EAT...
If going on a Sunday have the roast, and during the week enjoy the superb brunch menu

WHAT TO KNOW...
Look out for their regular music events

RESIDENT RATING
★★★★

Great Northern Hotel, Pancras Road N1C 4TB; 020 3388 0812; gnhbar.com

Old fashioned values

Publican Charlie McVeigh has opened Birdcage, the sixth Draft House pub, on Columbia Road – saving the historic East London venue in the process. Birdcage will have a colossal range of craft beer on draft and by the bottle, alongside a menu of East End pies, mash and liquor. Optic cocktails will be dispensed from traditional pub optic bottles and a Saturday day/night 'knees up' will pay homage to the pub's long standing karaoke night.

80 Columbia Road E2 7QB; drafthouse.co.uk

FOOD *NOTEBOOK*

The perfect antidote to a dry January

EAST COMES NORTH

Bibigo – the popular, authentic and contemporary Korean restaurant – is set to open on St John Street. The central feature will be the Korean grill BBQ, allowing diners to see Head Chef Yongjae Cho in action.
407 St John Street EC1V; bibigouk.com

Roots of success

Jago has opened its doors in Shoreditch. The menus will reflect Head Chef Louis Solley's – joined on this venture by experienced foodies Hugo Thurston and Vinny Burke - East London Jewish roots and reference Spitalfields' history.
68-80 Hanbury Street E1 5JL; 020 3818 3241

NIGHTLIFE SPIRIT

Pisco Embassy is a new late night bar on Upper Street that will be open to nightlife lovers from midnight-5am every weekend. The 12-strong cocktail menu will offer twists on classics alongside bespoke creations and home-made infusions from Head Bartender José Francisco-Modonese. Entry will require membership, which is available to those aged 23 and over. piscoembassy.london

Inside out

Upper Street looks even better thanks to the arrival of Radicals and Victuallers, a brand new bar featuring a menu of US diner classics. We love the interior: from the reclaimed wood out front to the curved banquettes at the back of the sprawling L-shaped space, design touches are laid-back, encouraging locals to settle in for the night.
59 Upper Street N1 0NY; 020 7704 7691; radicalsandvictuallers.co.uk

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For the perfect family occasion, head to the Emirates Stadium where you can explore behind-the-scenes with an audio tour. Hear from the boss as you take your place in the changing room, listen to the roar of the crowd as you walk down the tunnel and explore the museum too.
See more at arsenal.com

MINI *RESIDENT*

Bridget Jacottet's ideas for February fun

MAKING A DIFFERENCE

With a Pre-school for two to four-year-olds, holiday Play Schemes for children aged six to 12 and a Youth Club for teens, there's always something happening at Mary's, the independent charity on Upper Street.
stmaryislington.org

CRAFTY KIDS

The London Craft Club hosts fun craft events where you will always leave with a fabulous finished product. Now the kids can get in on the act with the Club's Saturday children's sessions. Activities include printing an apron and illustrating a brolly. Suitable for four to eight-year-olds, £25 per session or £90 for all four sessions.
More information available at londoncraftclub.co.uk

Mini noodlers

Wagamama at the N1 Centre is perfect for little ones who will love the kids' menu, which was named by the Soil Association as one of the best in the UK for choice and quality. Mini versions of some of the classic Wagamama dishes are available, such as the famed chicken katsu curry, and activity placemats can keep children entertained.
Full details can be found at wagamama.com

Get your skates on

Skate all year round on the 32m indoor ice rink with music and visual effects at Better Sobell Leisure Centre. With sessions and courses to suit all ages and abilities from toddlers to adults, they have something for everyone to feel good at the tail end of winter and heading into spring.
Hornsey Road N7 7NY; 020 7609 2166; better.org.uk/sobell

Ian describes Millfield School as a dynamic place

Online
Visit education.resident.co.uk to see what Ian predicts for 2015 and how HG Wells is linked to Gabbitas

DECISION TIME

Ian Hunt, Managing Director of Gabbitas, explains why a little help when choosing our children's schooling can go a long way

Words MARK KEBBLE

Having spent 25 years in education – from 17 years at Millfield School in a host of different positions, through to his current role as Managing Director at Gabbitas – Ian Hunt is well placed to consider how times have changed in the industry, but instead focuses on the thing that remains resolutely the same. 'The bottom line is that children are children,' he states, 'and they will always be the same and that will go with whatever school they are in. I am a great believer in what you put in, you get out – whether it's at a school such as Millfield or an inner city comp, the children will respond if the teachers treat them with respect and vice versa.'

Talking to Ian, it's evident what a lasting mark his time at Millfield, an acclaimed independent school in Somerset, has had on his career. 'I was very fortunate that my first teaching role was there, and it was a very difficult school to leave; it was so big and so dynamic that every time I sought a new challenge it was provided. There were a huge number of dedicated school masters and mistresses that really shaped my view on what you should be doing for the children inside the classroom and beyond. I always held the opinion that wouldn't it be wonderful if every child had the chance to attend such a place.'

Ian did eventually move on, becoming Senior Deputy Headmaster at Wellingborough School in Northamptonshire, before become Head in 2008 at Llandovery College, Carmarthenshire. Then, three years ago, the opportunity to join Gabbitas came up. 'In many ways it was the perfect role because it matched up my love of education with my commercial background,' he says. 'Gabbitas is the oldest educational consultancy in the world. It was set up in 1873 as, initially, a tutoring service. That then developed into finding staff on a general basis for schools, and then finding the best match between schools and pupils, offering a service that supported parents in the decision of which school to send their children. Then, recently, we have been advising investors and governments on setting up British curriculum schools overseas, which reinforces the fact that British education is regarded as the best in the world.'

You will never invest as much emotional energy as you do with your child's education

With a global client base – 'We have clients from the furthest eastern provinces of China through to Croydon,' Ian smiles – ultimately whoever comes to Gabbitas to seek their advice, it comes down to the single most important focus that our interviewee believes is universal in the world of education: the child. 'The decision of which school to choose for your child can be, next to your house, probably your most significant investment and that's just financially. You do not and will never invest as much emotional energy into buying a house as you do with your child's education. It's a huge decision: get it right and you will have set your child along the first steps of a very successful career path.'

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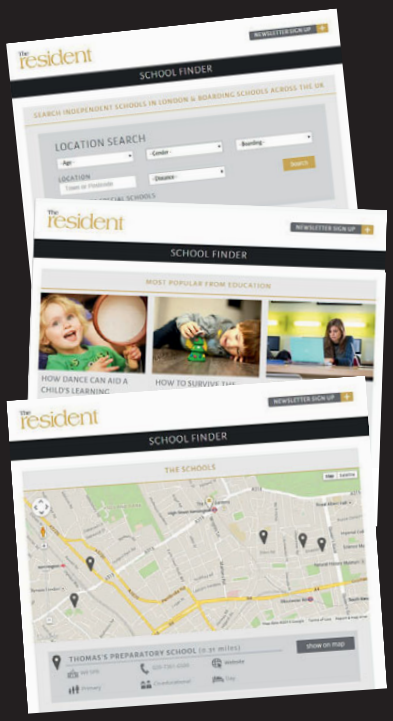

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THE PERFECT FIT

For 30 years Charlie Allen has run his hugely successful tailoring business in Islington and he couldn't imagine being anywhere else

Words MARK KEBBLE

A who's who of style, Charlie Allen's recent party to celebrate three decades in the tailoring business was certainly easy on the eye as clients past and present came to acknowledge the man who has had such an impact on bespoke fashion. 'I still don't believe we did it,' says a clearly awe-struck Charlie when we meet a couple of weeks later. 'How did it blow up into such a big event? I stressed over it – I don't know why – but it was worth it in the end thanks to these guys.'

'These guys' happen to be Joshua Roberto Scacheri, Charlie Allen's Creative Brand Manager, and Victoria Butler, the Showroom Manager, and who

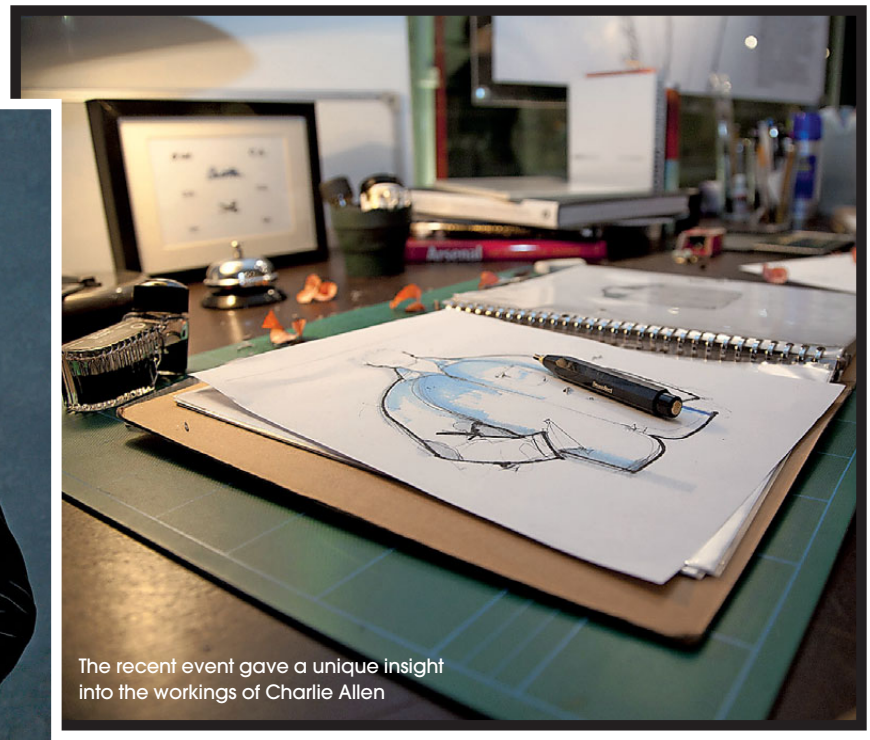
I will go on until I feel satisfied I can't do any more. It's now all about the next generation

both join Charlie and I for a very informal interview. It typifies the man himself: Charlie is a delight to talk to and doesn't take himself too seriously. The business began, Charlie says, mainly because 'I had just had a kid', but it was also down to the fact his work was being noted both here in the UK and across the Atlantic too. Ever the modest gent, Charlie looks at the growth of the company as 'just a natural thing' with no particular ambitions at launch. 'I was just making clothes and seeing where I would go. There was never a masterplan to take over the whole fashion world.'

Three decades later and there have been plenty of highlights, but which ones would Charlie pick out for himself? 'Working backwards, the England

NEKANE REQUEJO DE OZAMIZ

Celebrity clients include Islington local Mark Gatiss



The recent event gave a unique insight into the workings of Charlie Allen

Charlie and Jack Morris at the recent 30th anniversary celebration

commission [where Charlie re-designed the national team kit] for obvious reasons – being a football fan, it being the national team, and the international recognition [that followed]. Then going back further was working with tensile, a new fibre that at the time was unheard of. I was one of the first designers to use that, so that was quite monumental at the time. Then the very first highlight was selling my collection from the Royal College of Art to a store in LA. You don't realise until you look back how monumental those moments are.'

Many of these moments have originated from ideas conjured up in Charlie's Islington showroom, which today offers one of the warmest welcomes going. When I interviewed Charlie last year ahead of the launch of his Tobias shirt collection, he remarked then that it was designed to have a 'House of Allen' feel to it and it's certainly an enticing look into the world of the tailor. Here you can find out about bespoke suits created just for you, take advantage of his made to measure service, have your own shirt designed or truly look the part on your wedding day.

Just as Islington has been good for Charlie, he also feels strongly about doing his bit for the borough too. At the 30th anniversary event, a special auction raised £5,000 for a charity we, too, are keen to help out, Islington Giving. 'This is my manor,' he says simply about supporting the local charity. 'Jack Morris [Chair of Islington Giving] is one of my best customers and we have always had the idea of doing a dining event. I thought the party would be a great opportunity to get everyone together.'

Insisting that he still has the same buzz for the business as he did 30 years ago, the wall behind Charlie serves as a reminder of how he is continually looking to evolve. 'That goes back to the England deal,' Charlie says on the shoot featuring Arsenal FC's Carl Jenkinson, who is looking pretty happy to be modelling the tailor's work. 'We wanted someone on the cusp of doing big things and Carl could be a face that grows with us.' He also wouldn't be the first. 'We had Freddie Flintoff on the same sort of deal about ten years ago before England won back the Ashes and he became a superstar.' But, as Joshua points out, Charlie got there first though.

'I will go on until I feel satisfied I can't do any more. It's now all about the next generation,' Charlie continues, looking over at Joshua. 'We have got sportswear next, a natural progression to take it to a younger generation. This will always be here,' he directs his gaze to the bespoke suits hanging up behind him, 'but we will have seasonal collections.' As Joshua says, Charlie Allen is all about 'moving forward', so expect more stylish parties to come.

Carl Jenkinson, the latest face to sport the Charlie Allen brand

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Prehab is one of best-kept secrets in sport. Widely practiced in the professional and elite world – where the risk and cost of injury vastly outweigh the relatively small investment involved in keeping athletes on the pitch, court or programme – it's still largely unknown amongst recreational sportsmen and women. But it seems that this is about to change; prehab is beginning to look like a concept whose time has finally come.

So what exactly is prehab? Well, if rehabilitation is about getting back to functional fitness after injury, prehab – or prehabilitaton – is about what you do to prevent injury in the first place. As early adopters of the prehab concept, Ten offers its clients access to a unique Circle of Care, where trainers share knowledge, insights and client history with the in-house physios and massage therapists.

In an approach that is significantly different to the standard fitness industry model, experts in complementary disciplines work collaboratively to apply the right mix of skills and expertise at each stage of the client's programme – whether it's to build functional strength and flexibility, correct muscular and postural imbalance, ease tight muscles or treat small niggles before they have the chance to develop into fully-fledged injuries.

It's not only contact sports players who benefit from incorporating a prehabilitative element into their training. For runners, Ten's programme is an excellent way to encourage correct muscle activation, and improve postural alignment, helping marathon runners and park joggers alike run further, faster, with less effort.

For cyclists, it equates to greater flexibility, greater spinal stability, and improved lower limb alignment – producing more power, more efficiently and helping prevent injury. In fact, whatever your sport – from tennis to triathlon, swimming to skiing, Pilates is highly effective in improving performance.

For recreational athletes, who lack the facilities, levels of support, and training time available to the pros, Ten's Dynamic Programme offers a valuable double whammy. On one hand it offers proven prehab benefits whilst on the other, it provides an intense, challenging and impressively effective full-body workout. ('The workout everyone's talking about' says the Times.)

And don't be fooled by the misconception that anything with the Pilates name attached to it is somehow not 'proper' exercise. Just ask the famously hard-working Declan Danaher, of London Irish RFC (players can often be seen at Ten's Chiswick studio). 'If you think Pilates is for girls,' he says, 'spend an hour at Ten and see what you think then!'

Lower Ground Floor, 36-38 Hatton Garden EC1N 8EB; 020 7404 8132; tenpilates.com

Rugby stars use Pilates as part of their fitness regime

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HEALTH & FITNESS *NOTEBOOK*

Shona Wallace treats body and mind

TRUE ROMANCE
For a romantic retreat just 20 minutes from London, look no further than the recently renovated Sequoia spa at The Grove in Hertfordshire. Boasting five new treatment rooms and a plethora of luxurious pamper packages, it is a glorious option for a couple's getaway.
The Grove, Chandler's Cross WD3 4TG; thegrove.co.uk

THE RAW DEAL

If you're still feeling the effects of festive indulgence, get your body back on track with one of London's finest winter-specific cleanse packages. We love Raw to Door's gently effective Soup'n'Juice cleanse of juice, nut milk and vegan soup.
Raw to Door 3 Day Soup'n'Juice Standard package: £245 at rawtodoor.com

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The buy-to-let market is fraught with danger for landlords. You need to not only find the right tenants, but also make sure they leave on time, with no surprises – that is a successful let.

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There are lots of legal issues a prospective landlord needs to consider before managing a buy-to-let property

Unlocking potential

Do you have what it takes to manage buy to let properties? Jayesh Kunwardia of Hodge Jones & Allen looks at the possible pitfalls

With investment rates for cash savings still in the doldrums, the buy-to-let property market continues to be a relatively secure option for anyone looking for a higher rate of return for their savings. However, managing a buy-to-let property is not without risks. Getting your hands on an impressive property is only half the battle. On top of this, upkeep and tenant management issues are areas a budding landlord must become familiar with. You will be attempting to traverse a minefield of legal obligations as a landlord.

To begin with, nothing quite beats seeking specialist legal advice when disputes arise. Engaging a solicitor at the start can ensure problems do not get out-of-hand resulting in costly legal bills.

Before you let out a property make sure your tenant references are unimpeachable. Work with only the most reputable estate agents. When comparing agents ask them to provide evidence of their successes and let the record speak for itself. Make sure you have an air-tight tenancy agreement. This contract is the foundation of your investment, so make sure it is built to withstand a blast. Take detailed inventories before and after the tenant has stayed. There are agencies you can contract in to take care of this mundane task, but it is important that it is done thoroughly.

You must protect the tenant's deposit by placing it into a government-approved deposit scheme, such as the Tenancy Deposit Scheme. Should a dispute arise requiring litigation you could not only be stuck with severe financial penalties for non-compliance, but you could also find it difficult to regain possession of the property when the tenancy agreement ends.

As a further undertaking you, as a landlord, will be required each year to arrange a gas safety check of all gas appliances via a Gas Safe registered engineer. Because it is a mandatory obligation to keep a record, the importance of this is paramount. Furthermore, a tenant can request this at any time.

Assuming your tenant has not caused you any problems during the lease, you will need to regain possession of your property when the tenancy agreement expires by giving notice at least two months before the agreement ends. This is known as a section 21 Notice of Possession. We recommend you serve an eviction notice moments after a tenant has moved in to ensure they do not overstay their welcome.

Above are the bare necessities that if followed will help you steer clear of being stung by procedural problems. Your adherence to these will be worthwhile if a tenant accrues arrears, damages the property, causes a nuisance or introduces an unlawful occupier. As a landlord you will have to accept the fact that these things happen – how you tackle the problem is what matters. Early intervention is key. Complying with the above essentials puts you on solid ground to confront and remedy these issues. A solicitor on side who knows what you are dealing with can be crucial too.

Hodge Jones & Allen is a leading North London law firm with a very experienced Dispute Resolution team. If you would like to discuss a potential property dispute issue contact Jayesh Kunwardia on email jkunwardia@hja.net or call 020 7874 8300. Hodge Jones & Allen, 180 North Gower Street NW1 2NB; hja.net

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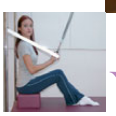

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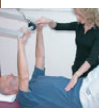

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SASH WINDOWS

PROPERTY

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FACTORY SETTING

Open plan luxury meets warehouse living

Situated on Nile Street, close to Old Street, Knight Frank are currently marketing a three bedroom split level factory conversion. Amongst the many stunning features is a dining area and open plan kitchen with its own terrace. Read more about the property over the page.

ON THE NILE

Something a little different as Knight Frank present this amazing three bedroom split level factory conversion on Nile Street, near Old Street, showcasing impressive open plan luxury with the classic features of warehouse urban living. The first floor comprises two reception areas, a separate dining area and open plan kitchen with a terrace, two bedrooms (one of which is en-suite) and a family bathroom. The second floor has the master bedroom with en-suite and a large roof terrace.

There's a starting guide price of £1,800 per week. Viewing is by appointment with Knight Frank – call 020 3657 7360

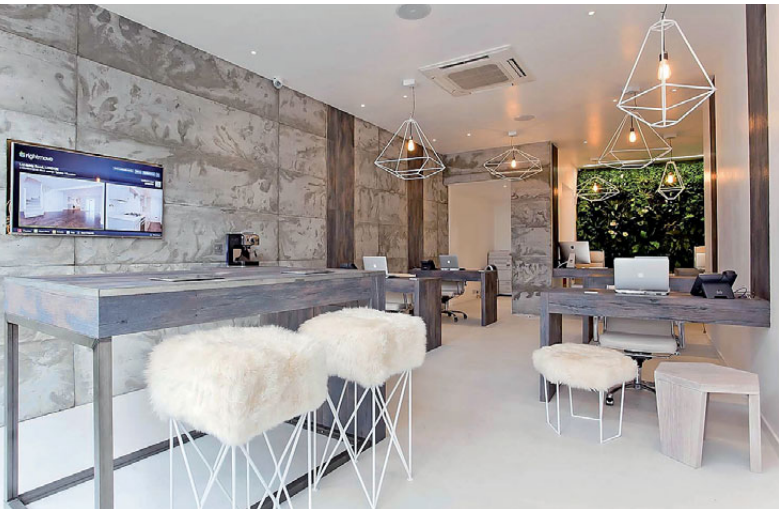
PROPERTY *NEWS*

Quirky office design and landmark developments

Quirks of the job

An unusual looking independent estate agency that has been baffling passers-by has won a national design award. Staff at Stoke Newington-based Location Location have grown used to questions from members of the public since its rebrand – and the bold, minimalist design, which features a living wall, rustic walls, sheepskin chairs and diecast concrete, has been crowned Best Office Design UK at the International Property Awards.

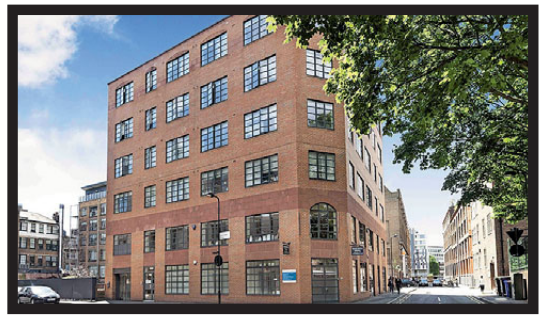
18 Stoke Newington Church Street N16 0LU; 020 7923 9222; locationlocation.com



OPPORTUNITY KNOCKS

Hurford Salvi Carr has announced the sale of an 18,351 sq ft freehold, mixed use investment near the Silicon Roundabout. Tagwright House on Westland Place consists of 14 apartments. Daniel Lachs, Director of the Investment Division of Hurford Salvi Carr, says: 'Such was the strength of demand that the property sold in a matter of weeks.'

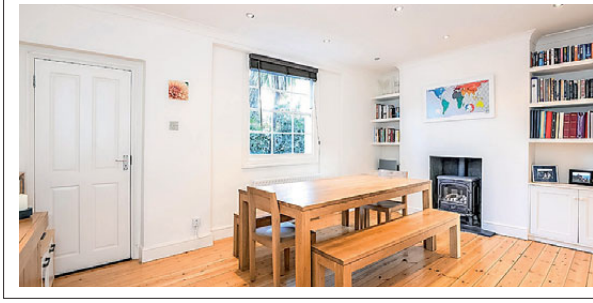
Find out more by calling 020 7566 9444 or visiting hurford-salvi-carr.co.uk



OPEN DOOR

We particularly like this beautifully presented three floor, flat-fronted Victorian house situated in the attractive Halliford Street. The property features light and well-proportioned rooms with generous ceiling heights. It has a particularly attractive lower floor with large dining area opening on to a generous kitchen, and French doors leading directly on to a 42' south-facing lawned garden with extremely open aspect.

Available for £1,250,000 through Carlton Estate Agents, 319 Upper Street N1 2QX; 020 7359 0000; carltonestateagents.co.uk



FORWARD TRACKING

Chestertons' Nik Stylianou considers what lies ahead for the property market

How important is the outcome of the General Election for the property market in 2015?
The concerns about the impending Mansion Tax rumble on and I am sure the early part of 2015 will reflect that, with prices becoming particularly sensitive around the £2m threshold. The Stamp Duty reforms that occurred in December 2014 has already increased buying costs considerably for properties beyond £1.2m, so it will be interesting to see the impact this has.

Are you making predictions for 2015?
Apart from Chelsea to win the Premiership, all in all I predict a slightly more corrective year for growth in London than perhaps we have seen in recent years, but overall buying conditions to remain favourable, with interest rates still very competitive.

Did anything in 2014 take you by surprise?
We increased turnover in this office by over 66% in 2014, which was probably the nicest surprise, but I would say the strength of the market in early 2014 was unprecedented. Naturally there was some kind of slowdown in the latter part of the year, but overall the equity growth Islington has seen in the last three years is phenomenal.

Was there a particular property you sold that was unique in some way?
We sold the most expensive Victorian terraced house ever in Highbury Hill at £2.75m, which was an eco-friendly, architectural gem, and formerly was featured in the film *Fever Pitch*, based on the book by Nick Hornby.

Did you notice a growing demand from people to live in Islington – and if so, why do you think that was?
With the resurgence of a strong London market post-credit crunch, there has been a notable 'squeezing' of buyers in Prime London locations, such as Kensington, Marylebone, Notting Hill and Hampstead, and with many London buyers looking for more value per sqft, Islington has benefited from huge migration into the area, particularly from the professional service sector. Considering Islington's wonderful diversity, superb transport links, its proximity to the City and West End, as well as its superb architecture and green spaces, we feel the high demand to live in Islington is set to continue.

What was the best thing to happen to Islington in 2014?
I guess it would be too obnoxious to say us, so will say the news that the former Post Office depot is to be converted into a £400m, 4.5 acre scheme of regeneration and development, resulting the creation of the eagerly awaited Islington Square.

327-329 Upper Street N1 2XQ; 020 7359 9777; chestertons.com

Chestertons are currently marketing this delightful and charming Victorian double-fronted detached house on Beacon Hill. Sitting proudly in the middle of the plot, the house has a real sense of grandeur and has a guide price of £2.2m

OUR WORLD

Or two worlds as Savills Islington and Shoreditch join forces for a market review

TOM DUNKLEY

JO-ANNE NEIGHBOUR

HEAD OF RESIDENTIAL SALES
ISLINGTON

I began my career in Savills Islington in 2006 as a sales negotiator and, nine years later, proudly head up the sales team. We cover a wide patch from Finsbury Park, Highbury and Islington to Stoke Newington, Hackney, Dalston and not forgetting the recently regenerated King's Cross, where we expect interest to continue to grow in 2015. Our area appeals to a wide variety of homeowners, from lawyers and bankers to digital designers and writers, attracted to the excellent mix of housing stock, including classic period homes to architect designed modern towers and mansion blocks, as well as what Islington has to offer socially. Looking forward there is still great potential for excellent growth in Islington and its surrounding areas, with Savills Research forecasting price rises of more than 20% over the next five years.

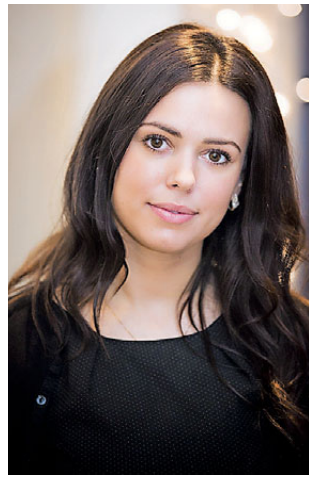
Savills Islington, 020 7226 1313

BELINDA BRADLEY

RESIDENTIAL SALES NEGOTIATOR
ISLINGTON

Islington is now my new home! I have been in estate agency since 1987 – before mobile phones, smart glossy brochures and bright window displays – starting as a sales negotiator in Kensington in the heady days of the 1980s. Estate agency has taken me to Cornwall, Bristol, Bath and across London over the years. They are all very different markets and I've dealt with a wide and diverse client base: from Cornish coastal homes, Bristol's Victorian houses, Bath's Georgian Crescents and London's varied housing stock. Islington has a vibrant quality, a market town atmosphere, with terrific transport links. I'm looking forward to working with, bumping into and getting to know our vendors and applicants. One of the highlights of moving here has been exploring the Regent's Canal tow path.

Savills Islington, 020 7226 1313



NICOLE EFTHYMIOU

HEAD OF RESIDENTIAL SALES
SHOREDITCH

I've worked in residential property for nine years, joining Savills Wapping office in 2012. I'm delighted to be heading up our new Shoreditch office, which will cover a wide area including Spitalfields, the City, Clerkenwell, Hoxton, Bethnal Green and Dalston. Along with the more traditional Shoreditch buyers who tend to work within the creative industries, the area's convenient location has seen an influx of buyers from the financial and technology sectors over the last decade or so, as well as an increasing number of overseas purchasers. I love that the area has retained its bohemian feel and provides an eclectic mix of property. From the popular warehouse conversions in the Shoreditch triangle, to the Grade II-listed Georgian cottages in Spitalfields, there's something for everyone.

Savills Shoreditch, 020 7226 1313

CHLOE ADAMS

RESIDENTIAL SALES NEGOTIATOR
SHOREDITCH

In joining Savills, I have been given the opportunity to help set up the sales team for the new Shoreditch office. I adore East London and have spent a lot of time here over the years, but there's a difference between knowing where to get a bagel in the early hours and knowing an area intrinsically, so it's been a lot of fun exploring over the last few months.

Previously, I shared my time between two offices, heading up sales for an independent company in Borough and Stockwell. My areas of experience mean that I am familiar with that eclectic blend of property: warehouse conversions, Victorian houses and ultra modern new builds so evident in Shoreditch and the surrounds. It is this diversity that draws such a varied crowd and the area continues to possess an edge. I may very well be swayed this side of the river, at last!

Savills Shoreditch, 020 7226 1313

Hemingford Road, N1
Guide Price £1.9m
A charming family house full of original period features on one of Barnsbury's premier streets.

Blackthorn Avenue, N7
Guide Price £425,000
A beautifully presented one double bedroom apartment, in this highly regarded development.

Wilkes Street, E1, £3.35m (SOLD)
A unique house combining the best of period features and modern living, situated in the heart of the historic Spitalfields area.

Rivington Street, EC2A, £865,000 (SOLD)
A two bedroom apartment set in the former Cinnamon Warehouse, located in the Shoreditch Triangle.

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Just a few of the properties we have recently sold where we have made a big difference for our clients.

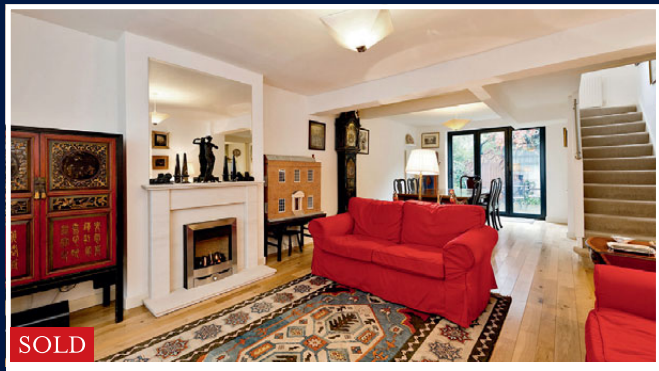
HIGHBURY PLACE, N5
GUIDE £5.95 MILLION

FURLONG ROAD, N7
GUIDE £3.75 MILLION

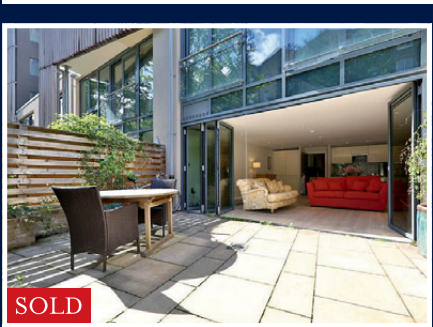
GIBSON SQUARE, N1
GUIDE £2.3 MILLION

THORNHILL CRESCENT, N1
GUIDE £2.25 MILLION

CANONBURY SQUARE, N1
GUIDE £1.595 MILLION



BRAES STREET, N1
GUIDE £1.35 MILLION



BLACKTHORN AVENUE, N7
GUIDE £825,000

LECONFIELD ROAD, N5
GUIDE £725,000

DUNCAN TERRACE, N1
GUIDE £450,000

savills

currell.com

Currell

Willow Bridge Road, N1
£1,275,000 Share of Freehold

Victorian maisonette

A substantial (1693 sq ft) four bedroom maisonette. Set over the top two floors of this Victorian building in the highly sought after Canonbury conservation area. EPC rating: E

Arundel Square, N7
£499,000 Leasehold

Modern apartment

An immaculate one bedroom apartment with good views over Arundel Square Gardens. Well located for Highbury and Islington station and Upper Street. EPC Rating: C

currell.com

Currell

Northchurch Road, N1
£2,300,000 Freehold

Outstanding family home

A four storey property having been lovingly refurbished to offer flexible, modern living. The accommodation provides four bedrooms, three bathrooms, four receptions, utility and a wonderful South facing garden. The lower ground is designed to be a self-contained, if needed. EPC Rating: D

Islington
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Lettings: 020 7288 9109
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HOMES TO VIEW

ALBION LODGE
N1 – FREEHOLD
£2,495,000 – 5 bedrooms
EPC rating: D | Ref: ISL14004

HUNTINGDON STREET
N1 – LEASEHOLD
£575,000 – 1 bedroom
EPC rating: C | Ref: ISL140167

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NORTHCHURCH ROAD
N1 – UNFURNISHED
£495 pw – 2 bedrooms
EPC rating: D | Ref: 84796

RICHMOND CRESCENT
N1 – FURNISHED
£725 pw – 3 bedrooms
EPC rating: F | Ref: 65152

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REF: WW185

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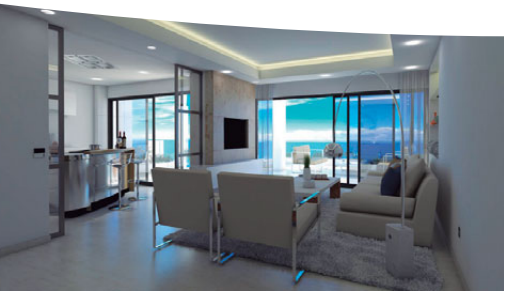
D'ESTEPONA

18 Exclusive Frontline Beach Apartments & Penthouses in Estepona



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SOTOGRANDE €6,960,000 REF: WW103

Beds: 9 Baths: 10 Plot: 4,503m² Build: 1,400m²
Features: Heated Infinity Pool / Central Courtyard / Underfloor Heating

SOTOGRANDE €4,450,000 REF: WW119

Beds: 5 Baths: 6 Plot: 8,200m² Build: 1,186m²
Features: Salt Water Swimming Pool / Library / Gym / Sea Views

LA ZAGALETA €4,395,000 REF: WW147

Beds: 7 Baths: 9 Plot: 4,589m² Build: 1,325m²
Features: Cinema Room / Swimming Pool / Golf Views / Entertainment Room

SOTOGRANDE €3,280,000 REF: WW156

Beds: 6 Baths: 5 Plot: 3,086m² Build: 912m²
Features: Private Pool / Gym / Jacuzzi / Spa / Underfloor Heating

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ESTEPONA €2,450,000 REF: WW166

Beds: 4 Baths: 5 Plot: 815m² Build: 392m²
Features: Heated Infinity Pool / Sea Views / 24hr Security / Golf Views

ESTEPONA €1,850,000 REF: WW122

Beds: 4 Baths: 4 Plot: 2,101m² Build: 560m²
Features: Swimming Pool / Underfloor heating / Sea Views / Mountain Views

SOTOGRANDE €975,000 REF: WW120

Beds: 3 Baths: 3 Plot: 4,890m² Build: 283m²
Features: Guest House / Swimming Pool / Guest Apartment / Countryside Views

SAN ENRIQUE €975,000 REF: WW160

Beds: 3 Baths: 3 Plot: 4,890m² Build: 283m²
Features: Guest House / Swimming Pool / Guest Apartment / Countryside Views

SOTOGRANDE €960,000 REF: WW174

Beds: 3 Baths: 2 Build: 289m²
Features: Sea Views / Walking Distance to Beach / 24hr Security

MARBELLA €795,000 REF: WW113

Beds: 3 Baths: 3 Plot: 362m² Build: 206m²
Features: Contemporary Style / Swimming Pool / 1st Phase Sold Out

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LOS BARRIOS €770,000 REF: WW161

Beds: 6 Baths: 3 Plot: 3,694m² Build: 484m²
Features: Country House / Swimming Pool / Mountain Views / Fruit Trees

SOTOGRANDE €750,000 REF: WW135

Beds: 5 Baths: 3 Plot: 1,090m² Build: 195m²
Features: Private Pool / South Facing / Double Garage

ESTEPONA €700,000 REF: WW185

Beds: 2 Baths: 2 Plot: 149m² Build: 112m²
Features: Frontline beach / Indoor Pool / Spa / Gym / Gated Community

ESTEPONA €695,000 REF: WW133

Beds: 2 Baths: 2 Build: 147m²
Features: Frontline Beach / Gym / Gated Community / 24hr Security

MARBELLA €650,000 REF: WW112

Beds: 2 Baths: 2 Plot: 352m² Build: 193m²
Features: Communal Pools / Sea Views / 24hr Security / Gym

ESTEPONA €595,000 REF: WW134

Beds: 4 Baths: 4 Plot: 1,128m² Build: 242m²
Features: Swimming Pool / Sea Views / Private Parking / Close to Amenities

SOTOGRANDE €450,000 REF: WW142

Beds: 3 Baths: 3 Plot: 382m² Build: 191m²
Features: Sea Views / Golf Views / Gated Community / Communal Pool

ESTEPONA €350,000 REF: WW154

Beds: 3 Baths: 3 Build: 180m²
Features: Communal Pools / 24hr Security / Landscaped Garden

SOTOGRANDE €350,000 REF: WW115

Beds: 2 Baths: 2 Build: 115m²
Features: Community Pool / Sea Views / Gym / Turkish Bath / Indoor Pool

MARBELLA €284,000 REF: WW180

Beds: 2 Baths: 2 Build: 220m²
Features: Fully Fitted Kitchen / Communal Pool / Gated Complex

ESTEPONA €250,000 REF: WW105

Beds: 2 Baths: 2 Build: 152m²
Features: 24hr Security / Communal Pool / Fitted Kitchen

ESTEPONA €195,000 REF: WW104

Beds: 2 Baths: 2 Plot: 195m² Build: 85m²
Features: Communal Pool / Gated Community / Solarium

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* Please note administration and reference fees will apply

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FEELING ECLECTIC

Knight Frank bring this stunning three bedroom, intelligently designed Barnsbury house to the market

Online
See more stunning North London properties at theresident.co.uk

Located on Ripplevale Grove, this house has been extremely well-designed and remodelled by its current owner. There are beautiful period features combined with contemporary design, giving the house a classy eclectic feel. It has been extended over both the raised and lower ground floor, creating generous reception/living space and an exceptional kitchen/dining room that opens directly onto the landscaped garden. There are three generous bedrooms and extremely stylish bathrooms.

Ripplevale Grove is a beautiful tree-lined street in the Barnsbury Conservation Area. This enviable location is within easy reach of all the numerous shops, restaurants and transport facilities of Angel and King's Cross.

Knight Frank have quoted a guide price of £2,350,000. 353 Upper Street N1 0PD; 020 3657 7340; knightfrank.co.uk

KnightFrank.co.uk

Knight Frank

North Mews, Bloomsbury WC1N

Spacious two bedroom apartment

A modern two bedroom flat situated on the first floor of a brand new development in Bloomsbury WC1. The apartment offers a large modern kitchen, open plan living area, two double bedrooms and two luxurious bathrooms.EPC rating C.
Approximately 74 sq m (800 sq ft)

Available furnished

Guide price: £750 per week

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Arthouse, King's Cross N1C

Modern apartment in a popular development

Knight Frank is pleased to offer this brand new 1 bedroom apartment in the eagerly anticipated Arthouse. The apartment comprises 1 bedroom, bathroom, stunning interiors, contemporary style kitchen and superb living space. Available from the end of February on a furnished basis.. EPC rating B. Approximately 47 sq m (509 sq ft)

Available furnished

Guide price: £450 per week

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(189450)

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Knight Frank

Aberdeen Road, Highbury N5

A wonderful period family home

The refurbishment of the house really has transformed the property into a quite magnificent family home. 6 bedrooms, 3 bathrooms, 2 reception rooms, kitchen, dining room, garden. EPC rating C. Approximately 276.9 sq m (2,980sq ft)

Freehold

Guide price: £2,950,000

(ISL140321)

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Knight Frank

Barnsbury Street, Islington N1

An impressive apartment with its own entrance

This apartment is extremely bright with appealing aspects from the rear over the neighbouring gardens. The apartment still retains many period features and has sole use of the main front door. 3 bedrooms, 2 bathrooms, reception room, kitchen. Awaiting EPC. Approximately 124 sq m (1,334 sq ft)

Leasehold

Guide price: £1,395,000

(ISL140035)

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Aubert Road, Highbury N5

Arranged over five floors

A stunning and beautifully refurbished house in the heart of Highbury. The property features 5 bedrooms, 3 bathrooms, double reception room, large open plan kitchen and dining room and private rear garden. Approximately 209 sq m (2,257 sq ft). EPC rating C.

Available part furnished

Guide price: £1,600 per week

(ISQ188722)

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N1

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